

Finding Your FLOW

Promoting Health Through Happiness & Meaning



OTTER TAIL
COUNTY - MINNESOTA



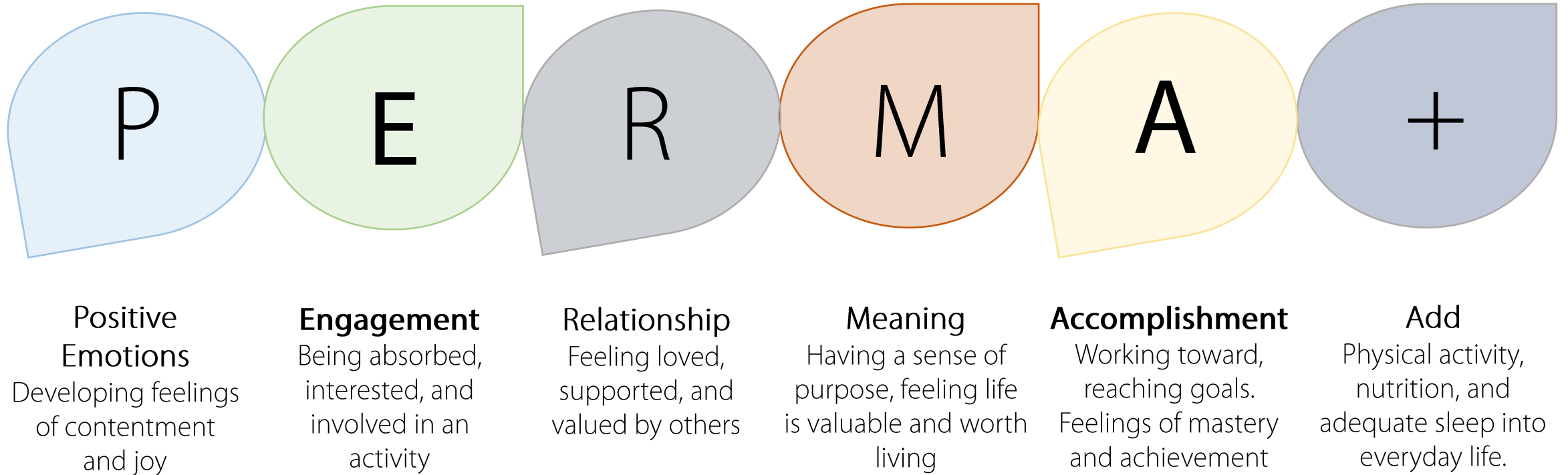
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Finding Your FLOW



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PERMA+ Framework



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A state of mind when you are fully immersed in a task and forget about the outside world for a while.

Feels like

Being in "The Zone", time flies effortless, uninterrupted thought



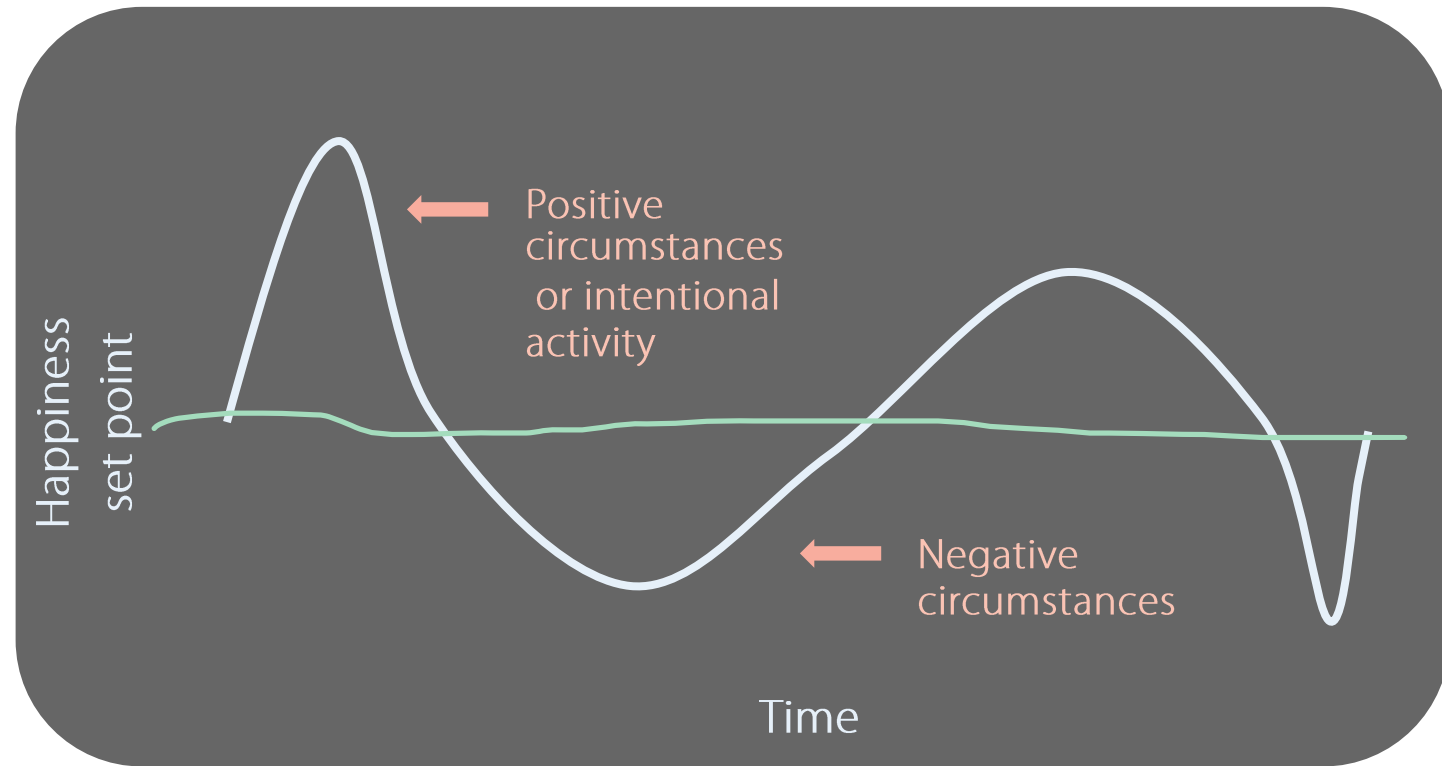
Finding Your FLOW

Happiness: a guarantee of FLOW

Humans generally maintain a consistent level of happiness.

Life circumstances and intentional activity can alter happiness temporarily before settling back to our happiness set point.

FLOW is guaranteed to give us a temporary boost in happiness.



More about Find Your FLOW

Pioneered by Dr. Mihaly Csikszentmihalyi
Guaranteed to improve happiness short-term
Teaches to rise to challenges
Improves performance
Increases sense of fulfillment and clarity
Boosts learning

Finding Your FLOW

FLOW- Happiness in Super Focus (5 minutes)



<https://www.youtube.com/watch?v=dWcapC-kriY>

Finding Your
FLOW

Finding Your Flow Practices

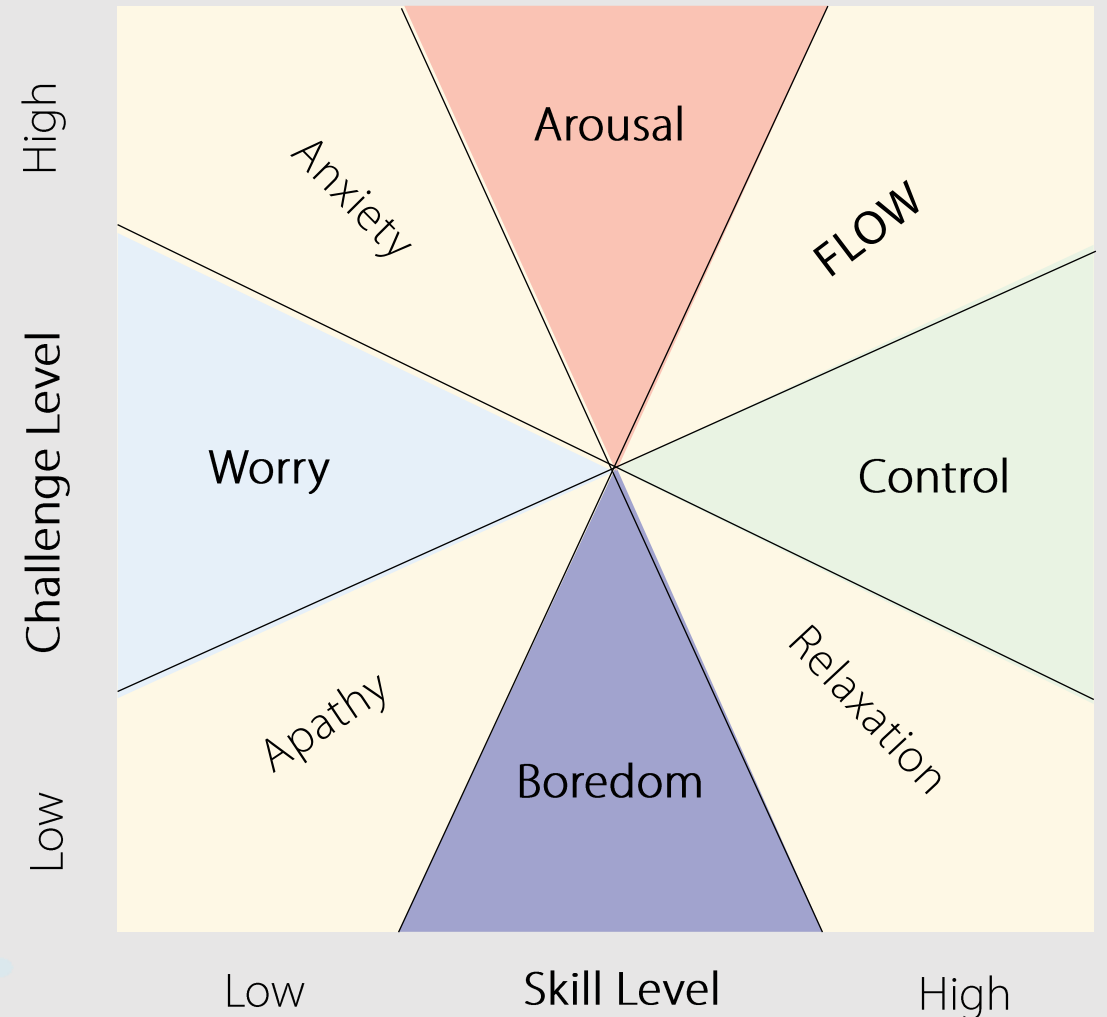
Preconditions and examples of flow activities



Finding Your FLOW

Preconditions for a FLOW state

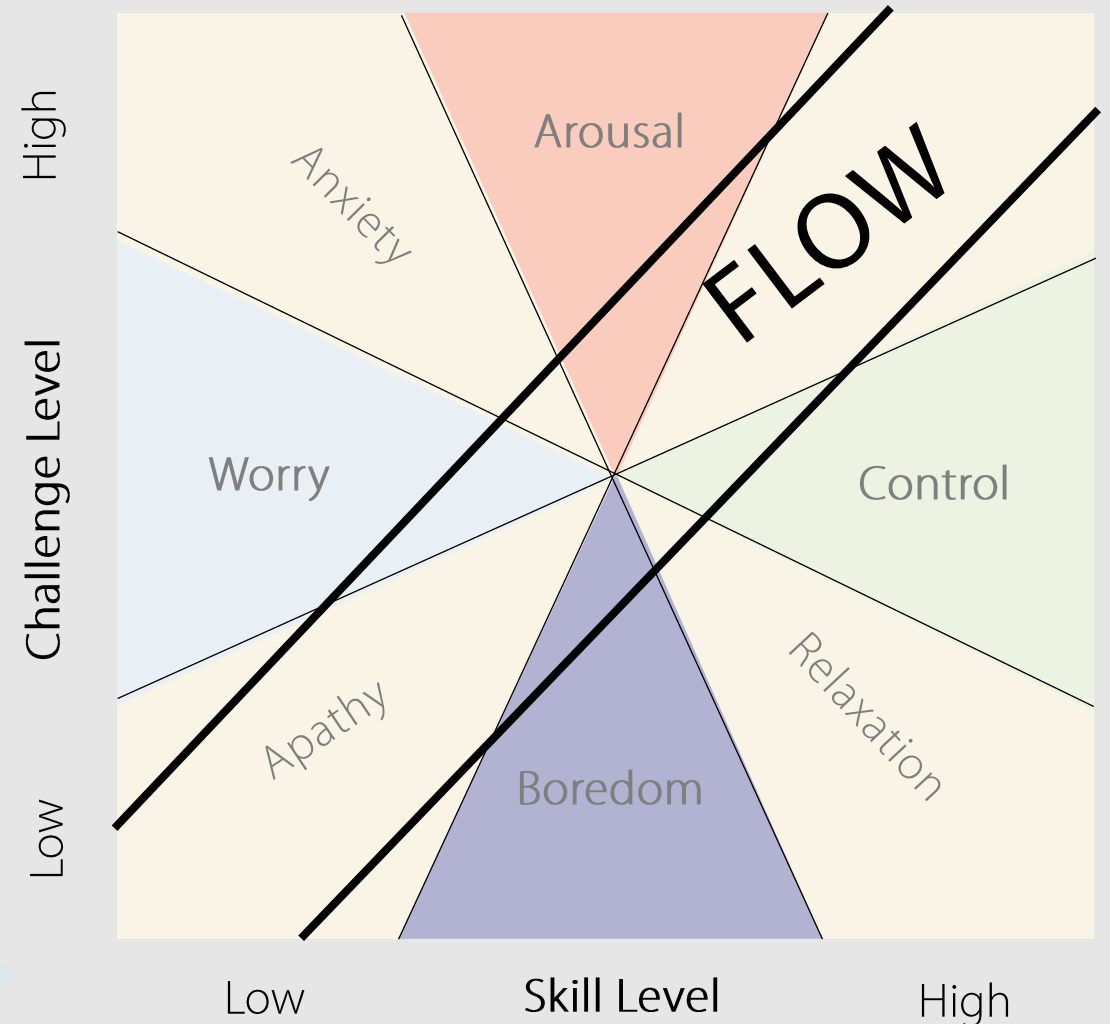
- ✧ You must be involved in an activity with a clear set of **goals** and **progress**.
- ✧ The task at hand must have **clear** and **immediate feedback**.
- ✧ There must be a good **balance** between the **perceived challenges** of a task and one's **perceived skills**.
- ✧ **Not too challenging** of an activity.
- ✧ **Not too easy** of an activity (watching TV, scrolling social media, will not result in a FLOW state).



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Preconditions for a FLOW state

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Finding Your FLOW

Body Movement Activities



Hiking



Dance



Yoga



Sports



Running/Walking

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Artistic Pursuits



Music

Playing and Listening



Photography



Crafting



Baking



Painting

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Home Pursuits and Hobbies



Gardening



Decorating



Writing

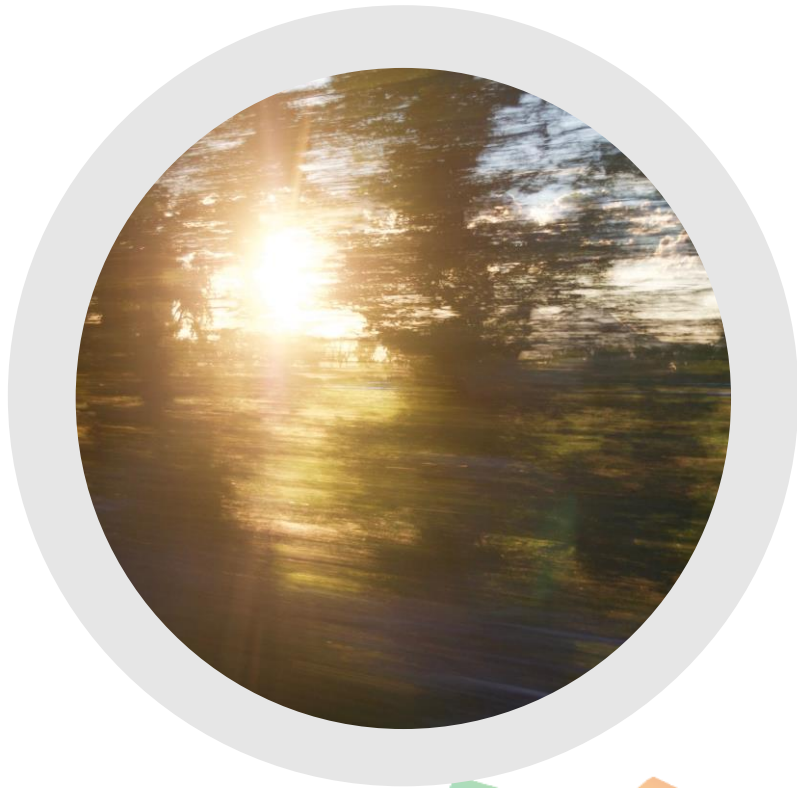


Knitting



Cooking

Find your FLOW- Helpful Tips



Choose work/tasks **you love**.

Make sure the task is **challenging but not too hard**.

Find your peak time of day. Are you a morning person? Night owl?
Choose a time of day when you **feel awake** and able to
concentrate.

Clear away **distractions**.

Learn to **focus** on the FLOW task for **as long as possible**.

Surprise yourself and **discover new things** about your abilities and
the activity.

Overcome the urge to stop at every mistake.

Maintain your sense of humor.

Finding Your FLOW

Grab a notebook, pen, or electronic device and reflect on these questions:

- ✂ If I had an unscheduled fifteen minutes, hour, three hours, a day, to myself, what would I do?
- ✂ What items on your list can you do?
- ✂ What items on your list would you change?
- ✂ What do you need to do to try some of the items on your list?



Journaling Prompt: Find a FLOW activity

Pomodoro Technique: A simple and effective way to start a project when you are having trouble concentrating.

1. Choose the task
2. Set a timer for 25 minutes
3. Get to work until the timer goes off
4. When the time is up, take a 5-minute break
5. Repeat as often as necessary



**Pomodoro Technique: Unable to concentrate?
Procrastinating?**

Make this your own.

Try new things

Try new things during this practice. Prioritize what you enjoy. Do more of what you like.

The point is not to achieve FLOW perfectly, it is to continue to add more of what brings you happiness.

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